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ABSTRACT BOOK



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Metabolic Parameters and Outcomes of Low Carbohydrate Diet Intervention for Weight Management: A Tertiary Hospital Experience

Aimi Fadilah Mohamad[1], Nuraini Eddy Warman[1], Nur Haziqah Baharum[1], Mohd Hazriq Awang[1], Fatimah Zaherah Mohamed Shah[1], Rohana Abdul Ghani[1]

Endocrine Unit, Faculty of Medicine, Kampus Sungai Buloh, Universiti Teknologi MARA (UiTM)

Corresponding Author email: aimimohamad1@gmail.com

Introduction:
Weight management is the core principle in obesity management and it can be achieved by multiple interventions. Dietary interventions such as low carbohydrate diet is an effective intervention for weight reduction in appropriate populations. We looked at low carbohydrate diet intervention and its effects on weight and metabolic parameters at the obesity clinic in UiTM.

Methods:
This is a retrospective analysis of patients attending obesity clinic with low carbohydrate diet as the intervention. Patients who attended clinic between 2023 and 2024, and completed a minimum of 2 clinic visits were included in the analysis. Duration of intervention was between 4 to 6 months. Weight and BMI as well as metabolic parameters at baseline and latest visit were analysed using SPSS software.

Results:
A total of 94 patients had 2 visits to obesity clinic for low carbohydrate diet intervention. There was higher number of female patients (59.6%, N= 56). Baseline comorbidities present were as follows: hypertension at 39.8%, obstructive sleep apnea at 43.6% and proteinuria at 20.4%. Mean baseline weight was 117.0 ± 29 kgs, and mean baseline BMI was 44.0 ± 9.4 kg/m^2. For blood pressure (BP), mean systolic BP was 135.8 ± 24.1 mmHg while mean diastolic BP was 74.5 ± 15.7 mmHg. There was a statistically significant reduction in weight of 6.5 ± 10.4 kgs ($p<0.001$). There was also reduction in BMI at 1.9 ± 9.1 kg/m^2 ($p=0.04$). There was no significant change in blood pressure or lipid parameters.

Conclusion:
Low carbohydrate diet as an intervention is effective for short term weight reduction. There may be associated metabolic benefits in the long term, as would be expected after weight reduction. This intervention may also be combined with exercise and pharmacotherapy to achieve better results.